



## Disease Control Section

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### For Immediate Release

## Seasonal Flu Vaccine: Every One, Every Year!

Flu shots can protect you, your family, and the community from influenza. The County of San Bernardino Department of Public Health will sponsor low cost seasonal flu clinics throughout San Bernardino County beginning September 2009. A new flu shot is recommended every fall as the influenza vaccine components change yearly based on the expected viral strains circulating in the environment. The cost of the flu shot is \$10.00. For information about community clinic locations and times, please visit the County of San Bernardino Department of Public Health website at [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph) or call the Immunization Program at 1-800-722-4794, Monday through Friday, from 8 a.m. to 5 p.m. to find a location near you.

### Seasonal flu shots are recommended for:

- Infants and children age 6 months up to their 19<sup>th</sup> birthday
- People 50 years of age and older
- People of any age with chronic medical conditions
- Pregnant women
- People who live in nursing homes and long-term care facilities
- Home caregivers and health care workers

### Along with getting a flu shot, practicing good hygiene is the best way to prevent the spread of illness. Some other good practices include:

- Cover your mouth with a tissue while coughing or sneezing, and throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after a cough or sneeze. Alcohol-based hand sanitizers may be used if soap and water are not available.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose and/or mouth since these are openings for germs to enter the body.
- Stay home from work or school if you get sick and limit contact with others to keep from infecting them.

In spring 2009, there was an outbreak of H1N1 influenza virus, originally called “swine flu”. This fall or winter, a vaccine for the H1N1 virus may be available. Clinical trials for the H1N1 vaccine are underway and information about the H1N1 vaccine will be forthcoming. It is important to note that the H1N1 vaccine will require a separate visit. Please check the County of San Bernardino Department of Public Health website at [www.sbcounty.gov/dph](http://www.sbcounty.gov/dph) or the California Department of Public Health website at [www.cdph.ca.gov](http://www.cdph.ca.gov) for H1N1 updates.

### Note: The H1N1 vaccine will not be available at the seasonal community clinics.

Remember the “Seasonal Flu Vaccine: Every One, Every Year!” campaign and get your flu vaccine today to protect yourself, family, coworkers, and others in the community from getting ill. Visit a clinic near you!